# Kutonomous 

College
Magazine 2018-19

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## CHRIST COLLEGE MAGAZINE AUTONOMOUS !

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## 久UTONOMOUS!


















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ARYA NANDAKUMAR 2nd BSc MATHS

Love!A word that defines one of the most habitual emotions of human life. Or rather a word that has got its prominence in everyone's life. The reason would seem inexplicable but even then, the world survives on grounds of this celebrated expression. The fuel for the future resides in the love among the people of today.It is not a consequence but preferably an act that contains the past, present and future of the world and its inhabitants.In the present context of the world where love is no more restricted to boundaries of walls made by man, what strikes the most is the kind of love that interrupts the barriers of gender. The world has always witnessed the way love was conformed and confined to a particular of an emotion between opposite sex. Now, in the 21 st century we are adapting to new conformity of the emotions that can come about between the people of same gender. The world celebrates the shades of love as the colours of a rainbow, and we
of the society They amount recieve denials and stares from the outside world.Going through the history, we can find it was in 1988, the initialisation of LGBT came up in United States of America.It remains a true fact that until the 1990s, equality was never a matter of concern for the outsiders about the community. There existed a problem of majority ignoring the minorities like transsexual individuals and bisexuals even among the LGBT community despite it stands as a symbol for inclusion. The LGBT community has had a great hand in bringing up the otherwise marginalised to the forefront of this era.It is after a journey of struggles that each community included has came up into a position like that of now.Even though it became accepted in foreign countries with time,it was still considered as a fallacy in the eyes of Indian society until the abolition of article 377 of the constitution came up. The challenges post the judgement were never a
concern since it paved way to better changes. The judgement itself was an awakening call for the whole Indian society which intruded into the personal choices of people about their life.It said "History owes an apology to the members of this community and their families, for the ignominy and ostracism that they have suffered through centuries. The members of this community were compelled to live a life full of reprisal and persecution."The community has had a downtrodden walk in India before this historic act.They were exploited by all means and considered as the ones who are devoid of the law of nature.But what exactly are them?

They are homosexuals. It need not be the sexual behaviour that controls the way their physique and thought process is made up of,rather it can be defined as something that cause to endure sex or have romantic attraction towards the same sex.Even though the Science has came up a long way, no evidences exist enough to prove that homosexuality happens by means of prenatal hormones, chromosomes, polygenetic effects,brain structures or viral influences.Although,scientific consensus are absent,scientists stick on to the fact that homosexuality is present as a consequence of influence of biological factors on sexuality. So, homosexuality in its most preferable form can be defined as the result of interaction of genetic,biological,and environmental factors since sexual orientation of human beings depend on them.Homosexuality appears to be no necessary factor in an evolutionary perspective as it does not the involve or influence the process of reproduction. But even then the existence of homosexuality since old ages can be viewed from the world human history. The LGBTQ attribute to that population of the world who are disregarded for the choices of their body and mind. They suffer from more mental and physical disorders compared to that of the straight men and women population.Since they experience a lot of interpersonal and structural discrimination from the society they take more stress relievers which often lead to complications in their body and life.They undergo physical and mental impairments acquired from the life habits that include heavy alcohol consumption and heavy cigarette use.As their life goes on with these kind of traumas, they become the ones most subjected to psychological distress as well which starts from their childhood.Being
kids,they have endured the agony of getting bullied in school and always having a transfer to another school just for escaping from the harassment.There have been heartbreaking pasts of them being bullied at schools and abandoned at their own home. They are the ones who end up as homeless and get into anything with or without one's own approval to survive in this world of rejections. They can also be regarded as that bit of the world which is exposed to more number of suicides relative to the other parts of the world. They live a life constituted by agony and disapprovals which often end up in miseries. The world has currently landed up on the 21st century where misconceptions do not stand a chance when it comes to individual choices about life.Still,the economical and social indicators show that the LGBTQ community is a long way behind others in matters of basic amenities due to which they suffer from poverty,food insecurity, and joblessness. This context is a reflection of the unjust attitude the world has carried out against them till now.Yes,the world is trying to show positive signs towards them by upholding the rainbow colours that represent them and keeping aside the invalid morality codes. Those colours are truly the rendition of the identity and support they aspire from the outside world. One thing that we all have to accept in unison is that their love may seem strange to us but there exists no different love in this world!They belong to the same world even if women love women, men love men,or if someone love both and if someone has transformed himself or herself to become the other for love or if someone is categorised into neither of these and is still not aware of whom they should love!They require no different world,no different community nor do they stand in need of any symbols or any colours but only equality, consideration and love.A restart is never an impossible task even though it would seem like one.At least not when it comes to the torment someone had to face from their birth till their death because of the way they were made of,or just because they chose a different kind of love which appears distinct from ours. From rejections to acceptance,from ignominy to front line, from being concealed to unmasked,from oppression to recognization, and finally from $L$ to $Q$ with the world,they have come so far and let them go the farthest!


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# MISCONCEPTIONS ABOUT 

 FEMINISMJovena Jose<br>1st DC Psychology



Feminism is a term that has drawn a lot of attention. Though it exists and people talk about it, they still don't know how to define feminism and hence, carry a lot of misconceptions about the term. Most of these misconceptions are either propagated by the media of influential people who don't agree to the main ideas of feminism and upholds existing stereotypes in people. Feminism is a range of social, political movements and ideologies that share a common goal: to define, establish and achieve the political, economic, personal and social equality of both the sexes. The first misconception sprouts out from the confusion in defining feminism. Often anti feminists say, ' Then let men and women race together at the Olympics. Feminism is not about these kind of biological equality. We all know that biologically men and women are different. But clearly, feminists put forward only the idea of the social, political, economic equality. Secondly feminism is not just about women. As the definition suggests, we always look forward to the equality of every gender. The term might sound biased to women as women experience much more gender inequality compared to men. Breaking the stereotypes, women also does the same for men, such as being the bread winner and many other societal pressures. Moreover, many women do not accept feminism. Because they don't use themselves as 'menhaters' or people who bash men. It needs to be understood that feminism is not against any gender. It is against the entire proportion of the society that embeds patriarchy in the society. Often male feminists are misunderstood as men against their own gender. Male feminists often face a lot of hatred for the same. They are even considered to be gay for no reason. We need to understand when a man support feminism, it doesn't make him any less of a man. He is just standing up for what is right. We should look up to feminism not as something for women but for the welfare of humanity. Popular people such as Emma Watson, Matt Mcgorry, Arundati Roy and others have undefined the meaning of feminism. As social beings, we must not give in to such illogical and wrong idea about feminism.


The age old slogan goes like this: "Yathra NaryastaPuyanjte Ramnte Tatra Devata". It means where wo-men are honoured, divinity blossoms. Ironically, India, today has slipped into an abyss of rape, molestation, sexual abuse, harassment and illtreatment of women. It will not be enough to restrict the term into just 'women'- it can be a girl, a child or even a baby who is a female! Even after 72 years of independence, the female population of India is in shackles- the shackles of fear to live freely and safely. With the cruel rape \& murder of Nirbhaya and Soumya, India started witnessing a mushrooming of such deaths with fear. When we analyse the causes of sexual violence, one thing becomes clear. There is no specific cause for sexual violence, the motives are different. The causes are still debated and include sadism, sexual pleasure, attitude towards victims, anger and even psychopathy. Going back to 2016, the Unnao and kathara rape cases also reinforce the fact that the women in India are unsafe in their own country. Let me make my stand clear -unless stringent laws are implemented and executed, and capital punishment is ensured to the barbarians (what else should I call those criminals, who just like demolishing a building, shatters the life of a woman),
cated. Moreover appointment of responsible, impartial and sincere officers at the head of various organizations should be ensured. Media instead of celebrating an issue, must prove to be the pillar of faith and justice by revealing the faces of the accused regardless of their social status or reputation.

Along with co education, sex education should also be given to the students. Above all, every mother can provide the best education by instructing the boys from the very small age that girls should be respected. Instead of teaching the children to protect women, let them realize that what women need is freedom from all the demarcation and an environment to fly freely and study. As Lee Mokobe rightly said, "They are afraid of becoming another hashtag in a second". No girl can imagine herself to be a hashtag, nor could anyone think the new names of their sisters, family or beloved in such a way. Then why do we become silent and inert when it comes to others? Unless we raise our voice today and demand justice, we or our beloved may occupy those hashtags. Then let your posts, tweets and status be filled with hashtags; for those hashtags today will result in 'no more hashtags' in future.

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## THE BEST LOVE - HATE RELATIONSHIP

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We spent our first three years crying and wetting our bed and the next fourteen years in place called school. Fourteen years ago, I walked into a prestigious building with a water bottle around my neck and tears in my eyes. I remember, way back during school days, we used to hate waking up and walking to school in the morning. We used to think to ourselves, "Oh God! When will I grow up and end the burden of studies". But as we grow, we would just do anything to go back to those lovely days- sitting in the classroom, playing truth or dare, hide and seek, stone, paper scissors. I am sure that there are billion other memories that we would have about our childhood days. My journey in that "Temple of learning" right from KG1 has been joyful. Reflecting on it brings a stream of smile on my face. And it is very imperative that we acknowledge the unconditional love, support and motivation given to us by our teachers, irrespective of how successful we become, which country we live in, which firm we work, which company we take over and how old we grow, we will never forget that the ground beneath our feet was laid by those loving teachers. Where we stand today we say combination of all their effort and endeavours, and we know that we can march forward with the confidence that our loving teachers gave us. As we have stepped out from that prestigious building, the school walls bear the stories of the most precious years of our life. It took twelve long years for them to shape and mould us and make us competent to reach out and explore the bigger world. When we look at this wide world, we must never forget that not all classrooms have four walls. Everything around us is our teachers and we need to learn from anything; Our mistakes, our reflections, our thoughts, our contemplations, our ideas, the surrounding, the people, the arid ground, the nature, the various forms of life, the past, the present, the family, our experience, our work and our life. As we continue our journey, we will meet many souls. Some relationships will be blessings, others will save as lessons. Either way, never regret knowing someone. Everyone we meet, everyone we encounter teaches us something important we need to learn. Some people will test us, some people will use us, some people will teach us, most importantly, some people will be the ones that inspire us and bring out the best in us. As we continue our journey, let's find the right people who will love and will stand by us through the good and bad, for they are the ones who will truly help us in our journey and make our lives blossom. Let us never ever forget two things Firstly, the value of our marks, the brand name of our College, the mode of our job and the digit in our salary will never determine our true worth as an individual. Secondly when we express our gratitude we must never forget that the highest appreciation is not to simply utter words but to live by them.

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In the darkest hour of the night, between the closure of the four concrete walls, with none other than her solitude to keep her company, she opened the laptop that was laid on table and turned it on. The laptop was a newcomer to her room but it was a familiar one. Like, a lion unleashed from its cage, light raged out from the laptop and spread around her. "Enlightened", laughing at herself. She waited, listening to the music which accompanied the start of the operating system. "Music soothes", she said to no one. The system booted completely and a familiar screen welcomed her. The familiar screen which adorned the picture of a family. She knew the faces but who were the other two apart from her? When was this picture taken? Who were the strange yet familiar faces? In the picture, she looked different: younger and happier. Time had passed but she had forgotten to take notice of it. In here, there was no count of the moments passed. She had long before stopped checking the date and time in her laptop. Though, it showed the right date and time, she had forgotten when it all started. "Emotionless walls", she called out and threw her hands in the air as if she
was hiting the wall. The light from the screen lit her hands and she noticed her hands after a very long time. In the back drop of the family picture, she spread out her hand and examined it carefully. The marks have become lighter. She could not recollect when she got it but there were 5 in each hand and all she could remember was the blood and a cry. A shower of thick red blood and faint cry of a child. "Someone out there?" she shouted again. "I can't sleep", she cried. She kept the laptop on bed and walked towards the door. She slowly unbolted it and pulled it but it was stuck. Someone had locked it from outside. Suddenly, her anger turned into a state of panic knowing someone had locked her from outside world. That was when she remembered it. For a moment, she stood there. Leaning onto the door, as if waiting for someone to come and open it, free her from there. Few moments later, she walked towards the bed and sat. The bright light continued to pour from the laptop and she sat there, gazing it. The girl and the man in the wallpaper was beaming happily. "I miss you", she bent towards the laptop screen and whispered closer to the picture of a man.
"I miss you too", she muttered to the 10-year-old girl sitting beside the man. She too was in the picture and they were happy once. She wondered how old the girl will be now? She ran her fingers over her hair. It was dry and she remembered spotting 2-3 tiny grey locks in the bunch. "It might be years", she looked around. The four walls could only listen to her but were transfixed. Relations had become just virtual pictures to her. Unlike others, her life had different call where she had to choose out of all the umpteen options she had. And she had no choice other than to choose this. Her choice had led her to this loneliness but she doesn't regret. She should not be. Though the umpteen choices were a mirage and she had only the privilege of choosing one which had already been the destiny by the power unknown. Fate existed. Destiny was a fact. "Sorry", she told them and then shut down the laptop. Keeping it aside, she lay on the bed, pulled the blankets over her and snuggled underneath. She knew she would sleep this night, unlike every other night. But to night, she will see a dream after long time. A beautiful and equally ugly story would play in her dreams. A happy family, living merrily a father, mother and a daughter. Happiness and love, cuddling the family. And then the dream would turn into a nightmare, dark redness spreading over the vision. The mother comes home to see her 10-year-old bleed in her pink teddy bear printed bed sheet, her cries echoing in the room. Father comes home too and the happiness was diminished by stark sadness. Flashes of light capturing the sadness, shower of questionnaires, pain printed and sold to the world, to earn the empathy and sympathy. Every one laments and curses the culprit.And then one day, the guilty was caught. The mother watches her younger brother being taken away by the law bearers. She heard him. "It was a mistake. Forgive me". All she could do was to lose herself. All she could do was to walk towards him, signs of pain and betrayal in her face. "She was your daughter", she screamed and then the mother could only do the inevitable" She slashed him again and again", the blade went up and down her younger brother's throat and then on her both hands before she was pulled way by someone. The father came screaming, the mother was soaked in blood and the
daughter in tears. She had lost many things that dayher younger brother for whom she was a mother, her trust, her daughter, her family and finally her sanity. There, the dream would end and she would wake up to the world of memories where she had never been for a while. Memories withdrew when the wounds in her hand healed, so did her senses. Tear drop trickled down from her closed eyes as she turned to the other side of the bed, moving deeper inside the blanket realizing that her wounded mind had started to heal.

Outside the door, a 23-year-old girl stood, witnessing everything happening inside the room through the peep-hole. Next moment, she felt a touch on her shoulder and it brought shivers to her." Sorry, I did not mean to startle you", he told. "It is okay, Dad". Just those memories haunt me slightly." She said turning towards the door again "Mother remembers", she told and hugged him. The man smiled at her and held her in a tight embrace. Outside the room, the man and the daughter waited with eyes open and prayers in mind; inside she waited, her eyes closed as she slept peacefully for the first time in 13 years. They patiently waited for the new dawn and the morning that morning which would clear the gap of 13 long years, a morning which would gift a 23-year-old girl her mother back, the man his wife and to her, a family and the lost life. And in the morning where she would walk free from the asylum to the outer world. And somewhere down the lane, the dreams would again turn into colours, hope and love embracing the family once again and healing the wound that had split the story apart. The merry and joy would return and then the story would continue to be written by them towards a happy ending.

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## A Letter to my Unde <br> Uncle

Dear uncle,
I have always hated you.
You were the most abusive person I'd ever known.
But, today I heard from grand ma that people made you feel like a
A failure all your life, right from when you were a little kid.
And it's now that I realize may be the way you are, is not all your fault.
You turned out to be so cold because that's how the world treated
You, right from the begining.
You were called 'the stupid one' by your friends,
'The good for nothing son' by your father,
The failure by your people.
And all of it came off from the way you started to look at the world.
All of it shaped you into a heartless person you are today.
I wonder if you hadn't been beaten up whenever you brought home a Test paper that you'd failed.
I wonder if you'd ever heard the words "It's okay to fail, just don't give Instead of "you are a worthless piece of shit.
I wonder if that could have stopped you today
From calling your own son a failure too.
The words they used to hurt you,
The words they used to make you feel less about yourself
Are now the word makes your son feel worthless.
The only difference is that, you are telling it now.
You are the one falling into the loop.
This habit of people to make others feel lee about themselves,
So that they can forget about their own perils created this infinite loop.
The loop that makes people undermine themselves.
The loop that makes little kids feel like that the marks of a test paper Determines whether you are a good boy or not.
So, will you promise me uncle, the next time my brother fails in a test, Will you promise me, that you won't beat him,
That you won't abuse him,that you won't scold him just because he didn't score as good as the Boy sitting next to him.
Will you promise me, that you will take him in your lap and assure him that he'll do better next time?

















## TRUE SELF

Love,l know you are suffering.
'There are people haunting you.
They go by the name "Opinions".
They decide the amount of kajol in your eyes,
The dress you wear, a saree, a veil.
They decide, if you are a saint or a slut,
Your words, your right to love and hate.
Your strength and flaws,your lies and truth.
They decide every bit of you.
Yeah! that is true! you agree.
Well dear, I'd say you are wrong.
'You' decide your worth,the person you are,
What you wear,how you talk or walk.
You decide your strength and flaws,
Your failure and success ,who you love or don't.
Not the maze of faceless ghosts named "society".
In it dwells shadows, scared to be their true selves. Don't let these soulless creatures decide for you. Just take a deep breath and follow your heart. -


## Sutonomous!
















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The nurse announced with immense joy that it was a baby girl. Beyond the joy, were the noises that started discussing about the bank account, the saving schemes which were best in this case. They made it evident that investing in gold was always an option...And that in no time she would grow up and would have to be married off... and that would be well budgeted life with sacrifices on all spending and ofcourse, limiting her freedom to a great extend. Muddled in this discussion was the fact that I had become a father. That a bundle of joy would soon come into my hands wrapped in soft clothes... Family, relatives, friends, neighbors, everyone in that street swarms in not to see the mother or to ensure that she does resemble her parental relatives... and it would always be better that she did at least in the slightest way. Happy Women's day mother, you have dared to bring into this world one more of your kind.. to be brave like you.. to hear all that you have or even more than what you have heard.. But, above all, Congrats! for she is healthy and will bring hope and joy in the eyes of many.. Happy Women's day for all those who dared to live


MEERA DAVI CHALISSERY
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up to their dreams.. because mostly the society would have in the meantime taught you what to wear, how to talk.. why should you always look presentable.. and about the culture.. Modesty is equal to churidar..which may be tight fitting but no to jeans and modest tops.. Happy Women's Day to all those who have been forced to live by the senseless rules and norms of being an ideal woman. Cause, at least you would ensure that the rules would not apply to the next generation to come... Happy Women's Day to all those who have heard that the color of your skin matters and not the conduct or your ability to serve the society... who have been thought to replace the stack of books with cosmetics like fairness creams, anti blackhead cream... night creams... lipsticks of all shades cause it's how beautiful you look that sells and not the thoughts that could revolutionize the world...And by the way, you would have not known.. But the ever watchful society has noticed that you are twenty plus...which means better get married... cause it is time to limit her thoughts, to restrict her to the kitchen and to cage the dreams she ever had... Happy Women's Day to you too..

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## ஜிவிறை










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## GUTONOMOUS！

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Hi.. Beautiful Girl. You are beautiful by the way you are. Please let you be what you are. You can do wonder. You can bring changes. You can break the stereotypes. You can hold the breath of others with your inner beauty and shut their mouth with your wise words not yet spoken by any other girl and dedicate it to each and every girl who wished to speak but haven't spoken. Please, don't let the fire on your eyes be blown out by others, keep it to yourself to charge upon the eyes starting at you differently as if you are an alien from some other world. Give a damn to the world and live your life because you only have one. Don't let the words of the world destroy your spirit, you passion and you. Just don't care people staring at you. Take a deep breath and give them a smile-a smile of failure in their eyes and a smile of victory in yours. You won because you are different. Hey girl, don't lose your inner beauty. Keep it safe to fight against the world. Change the world and make it better one. Sing the songs of change. Songs that every girl wish to sing, but have not sung. You are simply awesome by the way you are. Remember, you are not just a girl. YOU ARE A CHANGE.

SANDRA ANN PIOUS
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๑ிกరิ வாேவృం．．．！










## THE OLD AIN' GOLD, SAYS INDIA

Kerala being the most literate state has a little known distinction. It has the maximum number of old age homes in the country. The human nature is indeed funny. We take great troubles to preserve relics, painting from the $B C$ and $A D$ but not the people of our own. Mrs. Sunitha, an educated woman in her 70's was found taking shelter in a bathing ghat near the Ganges. She was rescued by a certain social organization. What was she doing there? A common tale- she had been thrown out of her family who obviously don't care. About 1.5 lakh people just like Sunitha exist among all of us. According to NGO's incidents of elderly couples being forced to sell their homes are alarmingly high. Many of them suffer from fear of humiliation or fear to speak up against their own. "Grant dumping" - is phenomenon referring to the young generation and their growing intolerance to their parents even the Maintenance Act that was passed to ensure that parents have the right to demand support from their children is a recent happening. While organizations like Help Age India have adopted- Adopt a Granny program, we must contribute to fighting this social evil. We should take care of our ageing parents. Yes, it time to go to the States to study but not by leaving our elders alone. It's good to be progressive but not uncaring.



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And she saw a tinge of white amid the black that surrounded her without doubt she knew
it was ray of love her beloved had sent grab on, said the voice and so she did out she came, with a face I now, recognize it as mine

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In real,
flowers mould
themselves
Into our hearts
Sometimes,
it gives out fragrance
Sometimes,
it dries up
Sometimes,
it blooms into a
fresh new life.
GRINLINA
2 nd BA FE













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## D wonder how．．

I wonder how he may come
As the herald of eternal happiness
Or the mighty relief long carved for
Or the piercing gloom of suddenness？


Will he allow me a lapse
To regret，rejoice or to cherish
The freedom of the tired prisoner
I wonder what I may hear and
See when the beating finally stops
The thoughts，can they hurt again？
The dreams，can they be lured again？
The tears，can they be held back？
Willingness or rejection
What may take over
When the sojourn ends？

## THEINDIAN CONCEPT ON SEX EDUCATION



## Lower primary- Stage 1

What is sex? The teacher asked the students.. The students asked their parents.. The parents shouted at their children The next day the teacher said that the sex is the gender to which you belong... (Hurraah.. safe zone) The students echoed it.

## Upper primary- Stage-2

What is sex? The teacher asked the students. The first bencher replied the same he learned in the lower primary. The middle bencher felt shy to explain. As we all know, the epic counter's in the form of murmurs rise up and fall in the back benches where only they understand those languages. But, the question remained unanswered

## High school- Stage 3

The lady biology teacher of the boy's school had a lesson about human. The boys sharpened their ears.. with anxiety ..The teacher with a smile, told them that I know you know what is sex so there's no point in explaining it...(Alas! All gone in vein.. exact expression of teenager) The teacher failed but the motion picture won.. fate.

## College- Stage 4

The professor asked, what is sex? The replies and attitudes were exactly like the upper primary stage...The stagnant nature of sexuality.. Oh God!

## Marriage- Stage 5

Of course, A stage where one actually practices sex to give birth to new generation. Later the new generation go in to lower primary.. They ask their parents, What is sex? The father (who has experienced sex) shouted at him and blamed him for asking such vulgar questions.. The cycle repeats.The question still remains...What is sex?


What is grey? Aren't we lovers of grey? Neither black nor white. We are all mixtures, Souls mixed in chaos. Tending not to move towards any closures. Neither good nor evil. Isn't it ambitious? The idea of grey itself is a difference, an otherness. Your feelings, emotions and thoughts are grey. When you find peaks in valleys and ebb in flow. Ain't it confusing but is survival? Grey lovers are lovers of colors. We see the world in colors but our thoughts are grey. Grey is colorful. Aren't we lovers of grey?

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## GRIT AND SOME FACTORS THAT INFLUENCE IT



Aiswarya, Veena, Kevin, Ninitha, 2nd DC Psychology
"If You want to be successful in this world You have to follow your passion Not a paycheck" Jen Welter

According to popular belief, individual success depends upon Intelligence Quotient (IQ) and Emotional Quotient (EQ).But Modern Studies add an another factor to success called Grit.Grit is a noncognitive psychological factor that undergo changes with the growth of the individual. According to Angelina Duckworth, Grit is defined as "perseverance and passion for long-term goals." She has explained that a gritty person is the one who approaches achievement like a marathon. Their biggest advantage is stamina and willpower to remain on track whatever barrier they confront in their path. The determination of the gritty individual is not easily struck by boredom or setbacks and it allows to stay on course.Gritty Persons are the ones who
reach the top of the world by hard work and they are often characterised as the epitomes of talent.

Passion and Perseverance the two major factors which make a person gritty are Passion and Perseverance. Passion is defined as a strong inclination towards a self-defining activity that people like (or even love), find important, and in which they invest time and energy on a regular basis. Passion motivates individuals to become the best they can be.Passionate people feel more pleasure and meaning in their life than people who are not passionate about anything. Perseverance is also an important factor for achieving a long term goal. It is the determination at working hard regardless of any odds or obstacles that may exist.IIt enhances the goal's value

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for a person and intensifies their motivation level.
Persevering long enough makes a person achieve their true potential. To have grit means the person has courage and show the strength of their character. Gritty people understand that there are valuable lessons in defeat and that the vulnerability of perseverance is requisite for high achievement. They embrace their fears and have confidence in themselves and allows them to adapt to new experiences and continuously learn from their mistakes. In Duckworth's book "Grit: The Power of Passion and Perseverance", she outlines four characteristics that gritty people share. They are: INTEREST:Interest is defined as the genuine curiosity of experience of people while doing what they like to do.People are more satisfied and ready to work hard if they enjoy what they do.Success requires interest in the field of work. Eventhough a part of activity may be demotivating,but the total work should be motivating. PURPOSE: Another component of passion, like interest, is purpose.Purpose gives meaning to life.We should realize the need to develop and deepen the call actively.Duckworth explains three tips to cultivate purpose as "reflect....on how the work you're already doing can make a positive contribution to society," "think...about how, in"small but meaningful ways, you can change your current work to enhance its connection to your core values," and "find... inspiration in a purposeful role model". PRACTICE: Another psychological aspect of grit is practice. Deliberate practice is carefully planned and requires working where challenges exceed skill. To participate in deliberate practice,a person must know the science of deliberate practice.It involves setting a clearly defined stretch goal, giving full concentration and effort, seeking immediate and informative feedback, and repeating with reflection and refinement. Making the practice a habit induces the person to consistently follow it HOPE:Hope rests on the expectation that our own efforts can improve our future. The definition of hope here is different from its usual traditional use as hope being an optimistic state of mind that is based on an expectation of positive outcomes with respect to events and circumstances in one's life or the world.But the hope that gritty peo-
ple have, do not have anything to do with luck and fate. It is everything related to determination and power to get up again from failures and face every challenging situation that is about to knock them down. They believe that their ability to overcome these obstacles are controllable. Grit is conceptualized as a stable trait that does not require immediate positive feedback. In competitive sports beside physical and techno-tactical powers, greater importance is assigned to psychological parameters. A host of researchers opinioned that a Grittier person is essentially focused on winning the long duration event such as marathon.Duckworth, Peterson, Matthews, and Kelly (2007) identified a two-factor structure for the Grit Scale. This structure was consistent with the theory of grit as a compound trait comprising stamina in dimensions of interest and effort.To have grit means the person has courage and show the strength of their character.

Our Research We conducted a detailed analysis about the factors that influence the grit of an individual.Basically our focus were on two factors:Parenting and Self development.For that we included a large sample size in our studies.For analysing the the influence of parents and parenting we studied 200 students and their parents totalling 600 individuals (Researched By Aiswarya,Veena and Kevin).For the Study of the influence of Self Development on Grit We samoled 187 students (Research conducted by Ninitha and Kevin).

Part One:Influence of parenting Parenting style comprises of two elements: parental responsiveness and parental demandingness. Parental responsiveness, also known as parental supportiveness and warmth, describes "the extent to which parents intentionally foster individuality, self-regulation, and self-assertion by being attuned, supportive, and acquiescent to"children's special needs and demands".Parental demandingness, known also as behavioral control, describes "the claims parents make on children to become integrated into the family whole, by their maturity demands, supervision, disciplinary efforts, and willingness to confront the child who disobeys". The aim of our study was to analyse the effect of responsive parenting and controlled
parenting upon the grit of students. The study has shown a positive result in the analysis of relationship among the student's grit and the controlled and responsive parenting they experience in their life.The results of tests have revealed that there is only a negligible difference between the responsive parenting and controlled parenting displayed by a parent. It remains the same in the case of the mother and the father. The total parental responsiveness and their control also displays such an insignificant difference. According to the attachment theory in psychology, people get attached to someone or the other in different periods of their life and no one remains detached to everyone throughout their lifetime. Sigmund Freud and Carl Jung through their psychoanalytical and analytical theories of personality have already explained the importance of childhood in the development of the personality of an individual. The influence of parents upon the growth and development of a person has been explained by Danielson Horney in her interpersonal psychoanalytic theory of personality. The role of parenting style upon the grit of adolescents have been learned by K.N Dunn in his study conducted in England. The study results showed that the different parenting styles show different levels of influences on the grit of the students, and basically revealed that the grit of the students are influenced by the parenting style they experience. A medium correlation has been observed by Dunn among the student's grit and the parenting style of adolescents belonging to England. Controlled parenting is revealed to influence the grit of the students more than the responsive parenting style. This could be as the controlled parenting focusses onto a proper systematic ruling strategy which develops discipline and focussing tendency in their entire life. This relationship is also found to be more influential in case of the father than that of the mother. This may be due to the fact that In the Indian culture, fathers do have a better influence than mothers in the demanding and controlling power upon their children.

Part Two:Influence of Parents' Grit The aim of this investigation was to find the existence of relationship between the grit of the students and that of
their parents. The relation of student's grit with mother's grit, father's grit and total parenteral grit was analysed individually in the study within different categorisation of data done on the basis of certain socioeconomic factors like gender, social economic status, college type of students, mother's occupation, father's"education and mother's education. The correlation results prove that the relationship between the student's grit and mother's grit, student's grit and father's grit, student's grit and parental total grit are highly significant. The correlation of mother's grit and student's grit is found to be higher in strength when compared to the other two correlations. When the analysis was done upon boys and girls separately, it was revealed that the grit of a boy child is more closely related to the grit of his mother and the grit of a girl child is influenced by both her parents to a similar extend. This may be because of the attachment of children with their parents of the opposite gender. When the study was followed by categorising the students on the basis of the college type they belonged to, a stronger correlation was observed in the case of students belonging to government colleges.Similarly, the families belonging to the upper lower socio economic status (SES) have shown a significant and moderately positive correlation. The students belonging to other socioeconomic statuses doesn't show any significance in the correlation between these factors. This could be due to the dominating influence of parents in the life of students of upper and lower SES families. The statistical analysis also revealed that the father's grit and student's grit show a significant correlation only in the case of lower educated fathers. The influence of mother's education upon the relation between the student's grit and mother's grit is also found to have a significant existence, only when the mothers have a middle level of education. Similarly, employed mothers are found to show much more strong positive correlation between their grit and the grit of their children.This shows that the student's grit is related to the grit of their parents. There can be many reasons for this.One among those could be explained by the attachment theory of life.Children are dependent upon their parents and thus parenting style and
the parental influence is so strong in moulding the likes, dislikes, behaviour, character and interests at this point in their life. According to the Interpersonal psychoanalysis theory by Danielson Horney, parents play a very influential and vital role in the development of the personality of the children.A study by Dunn reveals that the achievement, success and well-being of an individual is influenced by the same of their parents. A child is more likely to be gritty and determined if his/her parents are gritty in their life. The extent of attachment of children with their parents might vary within families of different socioeconomic classes. It is commonly found that the children are attached with the caretakers, maids, other workers, peers or grandparents rather than their own parents in many of the families with better SES.In the lower and upper middle SES families, the common dominance of parental influence can be clearly visible and this influence could be the reason for the relation between parent's grit upon the student's grit within those families. Part Three:Influence of self development (Satisfaction of Need) on Grit"While Analysing the influence of self development on Grit we will Encounter two important terms. Self Esteem and Self Actualisation. Self-esteem is an individual's subjective evaluation of their own worth. Self-esteem encompasses beliefs about oneself (for example, "I am unloved", "I am worthy") as well as emotional states, such as triumph, despair, pride, and shame. Whereas self Actualisation is the realization or fulfilment of one's talents and potentialities, especially considered as a drive or need present in everyone. There are many constructs regarding these factors. But the Core one among them is Maslow's Hierarchy Pyramid. Maslow is one of the Pioneer in humanistic theorist. He highlighted the optimistic nature of human beings which strengthen the idea of selfactualization. Maslow stated that human being is been categorized to "wanting animal" as his cravingness never ends. According to him a person's behavior is the result of satisfying certain needs. Maslow developed his five-level hierarchy of needs by analyzing the development and growth of his students.Maslow's hierarchy of needs says that there are two kinds of needs: deficiency needs or D-need
and being need or B-need.Both of them are essential components of motivation. D-needs transpire from the person's basic existential needs but in the case of B-needs it is the quest to attain selfactua lization. Physiological needs are the most basic and fundamental needs which comprise of both physical survival and biological maintenance. Needs like food, drink, sleep, oxygen, shelter, and sex belongs to physiological needs. Safety needs are once innate tendency to be protected and secured. Any deficiency in this need will lead the person insecure. In an evolutionary perspective to be belonged was a strong motive in increasing the chance of survivability of our species.Belongingness need is the third basic deficiency need. This need arises when both physiological as well as safety needs are satisfied."This need will regulate the socially acceptable behaviors by promoting them and demoting socially unaccepted behaviors this process is the cornerstone of our society and culture. According to Maslow, this need is comparatively harder to achieve in this modern society. There are studies associated social identity and belongingness with academic achievements. These studies state that when people identify them with a particular set of groups their performance is influenced by the Identity and nature of the given group. Social identity such as a person's race or gender can have a dramatic effect on the factors which determines the success of an individual. The effects of stereotypes in achievement outcomes are immense. Self-esteem needs are basically described as the optimistic view and acceptance from others as well as oneself. Maslow classified this need into two: the need for respect from others and the need for selfrespect. Self-respect comprises of positive attitude and confidence in one's talents, views, behavior. Affirmation, acknowledgement, appreciation comprised the respect from others. Deficiency in this need leads to insecurity, depression and many psychological problems. It is the rearmost deficiency need in Maslow's hierarchical model of needs. It is also established that there is a correlation between selfesteem and subjective well-being. Self-actualization is a common term used in different personality theories in which most of them having a modest varia-
tion. The concept of self-actualization came into prominence by the establishment of Maslow's hierarchy of needs theory. Self-actualization is the process of obtaining the true potential and reaching the maximum abilities of an individual. Self-actualization is a being need. This need differs from person to person. The satisfaction of the four basic needs will trigger the meta-motivation for self-actualization. This meta-motivation will result in restlessness and discontentment unless they satisfy their growth need for self actualise. According to Maslow the selfgrowth increases by satisfying Maslow's each hierarchical need. According to himself actualization is the ultimate goal of an individual to achieve in their life. As the grit indicates the self-growth, the relation between the needs and grit gets strengthen. This is the same phenomena followed in males, but considering females self-esteem have the stronger relationship between grit than the other two needs. In our studies we found out that the Strength of Grit will be greater if the person have Belonging and Self Esteem. The strength will be even greater if person would satisfy self actualisation,self esteem and Belonging. Another important discovery was Females shows more self esteem, self actualisation and belonging than males. This is a very significant discovery.This may be due to Emotional pressure faced by Girls during their College Lives.Girls face more social, psychological and emotional problems than boys of"their age due to many taboos and many other restrictions imposed upon them.So they have more experiences. Henceforth they get more inclined to developing these factors.

In a nutshell....
As you saw our studies included the two major factors that can significantly influence Grit of a student.The style of parenting can influence Grit. Parents with high control and Responsiveness have high Grit children.Another factor that influence Grit of Student is the Grit of Parents. This relationship takes a better strength when the family belongs to an upper low socioeconomic status and when the mother is highly educated. It was also revealed that the students belonging to government colleges showed a comparatively stronger correlation that
students of other colleges. Similarly, grit of boys were found to be influenced more by the grit of their mother and girls were found to be influenced by both their parents to a similar extent.Along with that Grit is also influenced by Self Esteem and Self Actualisation.As we move upwards In Maslow's Hierarchy Pyramid the relation with Grit Increases.For example let us take Belonging,Self esteem, Self actualisation.A Student who have all these things have more grit than Student with Belonging and Self Esteem.Female college students have higher grit, belongness, Selfesteem, and Self-actualization than their male counterparts.We can use these findings for an effective parenting and to mould more and more successful people by injecting Grit factor to their lives. We should research more on this topic and we should search for effective ways to implement these results.And it should be a major part in our Policy making and Planning. Extended References Duckworth, A., \& Duckworth, A. (2016). Grit: The power of passion and perseverance (Vol. 234). New York, NY: Scribner. Duckworth, A. L., Peterson, C., Matthews, M. D., \& Kelly, D. R. (2007). Grit: perseverance and assion for long-term goals. Journal of Personality and Social Psychology, 92(6), 1087. Duckworth, A. L., \& Quinn, P. D. (2009). Development and validation of the Short Grit Scale (GRITS). Journal of personality assessment, 91(2), 166174. Dunn, K. M. (2018). Investigating Parenting Style and College Student Grit at a Private Mid-Sized New England University (Doctoral dissertation, Johnson \& Wales University). Maslow, A. H. (1943). A theory of human motivation. Psychological Review, 50(4), 370. Ainsworth M. D. S. (1973). The development of infant-mother attachment, in Review of Child Development Research, (Chicago, IL: University of Chicago Press; ),3, 1-94."Batres, I. (2011). The relationship of grit, subjective happiness and meaning in life on alternative education students' GPA and attendance (Doctoral dissertation)

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## A STUDY ON THE AWARENESS

# ON ORGAN DONATION AMONG COLLEGE STUDENTS 

Thaslin
IIIrd DC, BSW

Organ transplantation is often the only treatment for end state organ failure, such as liver and heart failure. Organ transplantation has improved the lives of hundreds of thousands of patients the entire world.Organ transplantation is one of the greatest medical marvels of the twentieth century, which has prolonged and improved the lives of hundreds of thousands of patients, worldwide. Countless acts of generosity by organ donors and their families have made transplantation not only a life-saving treatment but also a shining symbol of human solidarity.In orgna Transplantation Kidney transplantation is by far the most frequently carried out transplantation globally. The procurement of organs for transplantation involves the removal of organs from the bodies of deceased persons. This removal must follow legal requirements, including the definition of death and consent. Kidney donation by well selected living donors with good health coverage carries negligible risks. This can only be ensured through rigorous selection procedures, careful surgical nephrectomy and follow up of the donor to ensure the optimal management of untoward consequences. The major cause where organ donation becomes necessary is Brain death.Brain death refers to the irreversible end of all brain activity. It occurs due to a major head injury, or bleeding in the brain due to a stroke among other reasons. The three essential findings in brain death are coma, absence of brainstem reflexes, and apnoea. An evaluation for brain death should be considered in patients who have suffered a massive, irreversible brain injury of identifiable
cause.Brain dead persons are kept on ventilators (artificial support) to ensure all organs remain oxygenated and healthy until they are harvested. The Transplantation Society adopted a consensus statement on the care of the live kidney donor, prepared by a forum involving over 100 experts from more than 40 countries from around the world, in which representatives of WHO participated. This consensus statement addresses the responsibility of communities for living donors. In particular it defines the responsibilities of the transplant centre which is charged, inter alia, with facilitating the long-term follow up of living kidney donors and, if need be, their treatment, with identifying and tracking complications that may be important in defining risks for informed consent disclosure (Consensus Statement of the Amsterdam Forum on the care of the live kidney donor). Organ Donation in India Approximately 5 lakh people across the nation die each year. There is a wide gap between the number of transplants awaited and the organs available. The depressing statistics convey the urgent need for more people to step and donate their organs; save the lives of people languishing due to organ failure. While 36 persons per million of population donated organs in Spain in 2014, 35 donated in Croatia, 27.02 donated in the United States, only 0.34 donated in India.Worsening the conditions, Organ trade is thriving in India.Severe lack of organs and poverty are the reasons why illegal organ trading is thriving. Organ donation should not be an example of unethical commerce; we must restore its value.We need to promote deceased "do-
nation in order to meet the demand of organs, and to beat the organ black market.Here are some bitter truths about Indain Scenario.

1. Nearly 500,000 people die due to unavailability of organs each year.
2. Every year, nearly 150,000 people await a kidney transplant, but only 5000 get one.
3. In India, the country of 1.2 billion people, the PMP i.e. persons as organ donor per
million population is just 0.08 which is extremely low compared to other countries.
4. Every year, nearly 1,000,000 lakh people suffer from blindness and await transplant. Apart from these hard-hitting facts, black marketing is another harsh truth of which you will not feel proud. India has become one of the major black markets for organs. Despite organ trading is illegal in India; every year nearly 10,000 organs are traded of which kidneys hold 75 per cent. The disparity between the huge demand for organs and their poor supply is the main issue of concern. Organ shortage is a global issue and deceased organ donation is the major sustainable solution. The total number of road accident fatalities reported in 2013 in India was 1,37,572, contributing to almost $1.1 \%$ of the world's total deaths. In nearly 40 to $50 \%$ of road accident fatalities, the cause of death has been head injury. These victims of head injury from road traffic accidents alone are in enough numbers to meet the demand of potential donors of organs in the country. Thetotal organ donation shortage of the country can be met with if even 5 to $10 \%$ of these persons involved in fatal accidents serve as organ donors. This is, however, an utopian situation and there are a number of barriers and challenges that are at play in achieving this goal of completely meeting the demands for organ donation. The challenges include.
1.Socio Cultural factors and Superstitions In Asian countries, such as in India, China and Japan, the concept of life after death is cross linked with the concepts of ethics, religion and spirituality. It is very difficult to even start a conservation regarding organ donation in these regions of the world, especially in the case of a brain-dead donor. Religious concerns may also have an impact.Public awareness regarding organ donation is very low in our country and this negatively impacts the whole concept. Many superstitions that are prevalent even now create a negative attitude towards organ donation. Supersti-
tions such as being born with a missing organ (that has been donated); and, that tampering with the body will not free their dead relatives from the cycle of life-death-rebirth, are some of the prevalent superstitions.
2.Lack of Awareness The concept of 'brain death' and its legal implications are not familiar to the majority of the population in India. There is a lack of awareness about these issues even among the medical professionals.An educated donor who is willing to donate his organs usually has a good knowledge about the concept of 'brain death' and the procedures related to organ donation. He is more likely to effectively communicate with the family members regarding his willingness to donate his organs. Many a times, people sign the donor card due to peer pressure and other factors without having a complete knowledge about the issues involved. These people are less likely to stick to their decision in the future and usually back out from their commitment prior to their death.
3.Lack of organizational support"The lack of an adequate number of transplant centres with staff, as well as transplant coordinators who are adequately educated and well-versed with the procedures required to conduct an organ donation program is acting as a significant roadblock to the deceased donation program. Lack of good dialysis programs, research, and effective national health insurance plans, also pose a challenge. Many hospitals do not have a clear protocol for declaring brain death. Some of them also do not have effective transplant coordinators who could sympathetically approach the family members of the brain-dead, potential donor patients, and take consent from them regarding organ donation. Even the medical community has very little knowledge, and therefore, any efforts made in this direction are thwarted by them to a great extent.
4.Negative propaganda by the media The entire concept of deceased organ donation is built upon mutual trust and a feeling of altruism. Any negative ideas, which breaks this trust, acts as an impediment to the whole process. Organ transplantation is being increasing day by day, but the lack of organs is a challenging issue. The willingness and awareness of the person and the family members have a close relation with the solution of the problem. Every ten minutes, someone is added to the national transplant waiting list. On average, 20 people die each
day while waiting for a transplant. One organ donor can save eight lives. The orientation and awareness of the college students is very important in organ donation. The number of kidneys India needs for transplant. It also needs 50,000 hearts and around 30,000 livers, said J. P Nadda, India?s health minister last week. The number of kidney transplants that take place every year in India. The number is 2.5\% of what the country needs, according to the health ministry. In India,heart and liver transplants usually come from donors who die after sustaining brain injuries in road accidents. The number of liver transplants carried out in India every year. That is around $3.3 \%$ of the total needed for Indians who suffer from irreversible liver failure, mainly due to chronic diseases. In such a condition the awareness on youth is more important to save lives and donate organs. India is currently having a deceased donation rate of $0.05-0.08$ per million populations. The National Organ and Tissue Transplant Programme have planned strategies to improve organ donation by creating awareness and capacity building. There is great need to assess the knowledge regarding organ donation among general population. This study included the search for rate of lack of unwillingness and awarness about organ donation among College Students of Kaipamangalam constituency and the reasons for it.Along with that the study aims to create an awareness about organ donation among the students. Major findings These findings of my study are based on the various objectives framed on the basis of the findings. The major findings are:

The respondents of the study were UG students and they come under the age group of 18-22. Below half of the respondents belongs to the age of 20.63.3\% respondentsare females and the rest were male.45\%are ready to donate their organs while 43.3\% are"not at all ready to donate organs. 11.7\% respondents are interested in donating organs but they are not completely willing.

The intervention was effective in changing the willing of the respondents. After trying to make awarness (intervention) 48\% respondents were ready for donation,20\% Were not ready and 31.7\% respondents showed interest in donating organs.

The study found out that gender and the willingness are closely related. ? Religon has a greater influence in organ donation. Half of the respondents (60\%) belongs to Hindu community. $25 \%$ of the re-
spondents belongs to the Muslim community and remaining respondents (15\%) belongs to Christian community. Hindus are more than Muslims and Christians among the respondents. In this study most of the respondents except 6 support organ donation. In this 4 Muslims and 2 Hindus do not support organ donation.

The respondents coming from urban area has heard about organ donation than that of the respondents coming from rural areas.

The willingness and awarness from college are found to be closely related. From the respondents the researcher found out that some teachers are giving information about organ donation. Common programmes for organ donation are not conducted by the college. The educational institution plays an important role in creating awareness among the younger generation.The respondents are UG students. Degree first year and second year students consisted majority of the population (35\%) and third year students about $30 \%$. A study on knowledge and attitude about organ donation among medical students in Kerala, in the study, even though fewer students showed strong willingness to donate after death, the majority told about thinking it in the future and were in the undecided category. By giving right knowledge and orientation to them by giving more importance of the topic of organ donation in the medical curriculum as well as through continuous medical education, they can be pooled into the category of future organ donors who can then easily motivate their potential patients to follow the path. The educational interventions should cut across all the disciplines since organ donation in India is not just a medical issue.

There are variety of sources that give knowledge about organ donation. Majority got knowledge from television because it is a mass mediaRadio FM channels are popular now and many awareness, information and news are broadcasted through radio. The news is the key to knowledge. Organ donation was familiarised among the common people because of the increase in the need of organs. The advertisements and news are the major resources. The newspaper is another source. Television and internet are the major resources. The government awareness campaigns and organ transplantation news gives knowledge to the respondents. Newspaper is also a medium of information. The awareness given by
teachers from school and college also gives some information. Health professionals and the information given in the hospital also make the respondents to know about the process. The respondent?s family gives only a little information compared to other sources.

Vast majority ( $96.7 \%$ ) respondents heard about brain death and only $2 \%$ respondents didn?t heard about brain death.The most astonishing finding related to this is the fact"that majority of the respondents were familiar of the word Brain death but, didn?t know what actually it is. The researcher explained about brain death to the respondents.

Below half of the respondents were unknown that organ can be transplanted both in living and after the death. This was a basic knowledge about organ donation and this question was not marked correctly. he above table shows the response of the respondents about the brain death.

Lack of knowledge is also a reason for not understanding the value and importance of organ donation. Before the intervention the respondents were not aware of how many lives can be saved by a single donor after death. After the intervention the respondents got knowledge. The respondents were not much aware of which all organs can be donated. Donating skin, platelets, bone marrow and tissues were not familiar for most of the respondents. Because most of the respondents only believe that liver, heart, kidney, eyes can be donated. The reason behind this may be the less awareness and the transplant rate of stem cells, tissues; platelets are less when compared to other organs.

The respondents were not aware of the legal procedure, about who all can donate organs without any legal procedures and all. The respondents were not aware of the legislation, authority to regulate transplant activities and about the apex body. In the study "Decreased organ donation and transplantation in India: Promises and challenges" by Aneesh Srivastava and AnilMani, Department of Urology and Renal Transplantation, Sanjay Gandhi Postgraduate Institute of Medical Sciences, Lucknow, Uttar Pradesh, India, says that Public awareness regarding organ donation is very low in our country and this negatively impacts the whole concept. Many superstitions that are prevalent even now create a negative attitude towards organ donation. Superstitions such as being born with a missing organ (that
has been donated); and, that tampering with the body will not free their dead relatives from the cycle of life-death-rebirth, are some of the prevalent superstitions. The concept of 'brain death' and its legal implications are not familiar to the majority of the population in India. There is a lack of awareness even among the medical professionals. Studies also show that the rates of Muslims donating organs are less when compared to other religions.

On-going Efforts for Circumventing the Problems include Public-private partnerships with the help of transplant coordinators have immensely contributed to improving organ-procuring rates in India over the recent years. This holds true in the case of southern states of India (Tamil Nadu, Kerala, Andhra Pradesh and Pondicherry), where organ donation and transplantation deceased is much better established than in other parts of the country. MOHAN (Multi-Organ Harvesting and Networking) foundation is philanthropic non-governmental organisation based in south India, which works to improve organ donation and transplantation rate. It is the first organisation to promote deceased organ donation and has been in existence since 1997. It is also the first organisation in India to promulgate the system of organ sharing system in India in 2000 by establishing the"Indian Network for Organ Sharing (INOS).Transplant coordinators Appointment of a transplant coordinator has been made mandatory for all transplant centres. They help in counselling of families for taking consent for organ donation and coordinate the process of donation and transplantation. They should be employees of the registered hospital and possess qualifications related to medicine, social work or public health.National Organ and Tissue Transplant Organization is a national level organization set up under the Directorate General of Health Services, Ministry of Health and Family Welfare. The National Human Organ nd Tissue Removal and Storage Network is a subdivision of this organization, which was formed as mandated by the Transplantation of Human Organ Act (THOA) amendment in 2011. This is established in Delhi and will gradually expand to involve other states and regions of the country. It functions as an apex centre for conducting all India activities related to coordination and networking, for the procurement and distribution of organs and tissues, for maintaining the registry of organs, and for facilitating tissue donation
and the transplantation of the harvested organs across the country. For the effective transportation of organ to transplanting hospitals Green corridor are established. The street signals are manually operated to avoid stoppage at red lights and to divert the trafficto ensure a rapid transportation of the desired organ. There are many recent instances in India where organs were transported in time using this facility. Tissue banking is the process in which biomedical tissue is stored under cryogenic conditions to be used later when the need arises. A number of tissue banks have been established in India in the recent times, which help in storing tissues such as the cornea, skin, heart valves, bones and tendons for later use. These centres help in preventing tissue wastage to a great extent. Numerous efforts have been made to improve the awareness of this programme to the general population, with an aim to achieve increased donation rates. However, the sacrosanct ethical and legal principle of segregating the donor and recipient information is often breached unintentionally due to the hype and associated publicity surrounding each donation. Many trust this to be a part of developing phase of Brain Death Organ Donation programme, anticipating that the kind of publicity that impairs confidentiality will dissipate as the programme matures and transplantation becomes more common. Its effects can be long lasting and may pose ethical and legal challenges if not controlled early.

Some suggestions Major reason for the existing inequity can be attributed to lack of awareness regarding organ donation among the general population. In the current study, we have found that even among those who were aware about the organ donation, practice of registration was poor. This might be because the health professionals acted as a source of information for less the of the study popuIation. Invo Ivement of health professionals plays a vital role in developing the trust and motivating the community to register for organ donation. There might be certain misconceptions and sociocultural beliefs regarding organ donation which needs to be addressed through "awareness campaigns." Involvement of primary health-care workers in such campaigns is important as Primary Health Centre is the first point of care and closer to the community. As the"procedure for registration of organ donation is cumbersome, simplification of the process and avail-
ability of registration facility at lowest possible level of health care need to be done. Further study to explore the reasons or hindering factors in registration of organ donation is required. Awareness should be given from schools, colleges etc. From lower class itself the children must understand the value of saving a life through organ donation. Religious institution should also take initiatives in increasing awareness and conducting organ donation campaigns. Some respondents had the opinion that lack of knowledge of the family members on communicating with the transplant team is also a barrier. So the family member should know whether the person has signed any contract and also should give proper awareness to the family member. Organ donation is a lifesaving process. The awareness of the society about the organ donation is very essential for the increase in organ donation. Many people who need transplants of organs and tissues cannot get them because of a shortage of donations. Every month, more than 2,000 new names are added to the national waiting list for organ transplants. About 16 or 17 people die every day while waiting for a transplant of a vital organ such as a kidney, heart or liver. Thousands of successful organ and tissue transplants take place each year. Kidney and corneal transplants are the most common, but new drugs and improved techniques are increasing the numbers of heart, liver, pancreas, lung, bone and other types of transplants.

In this study most important fact that I observed is intervention was helpful to increase the basic knowledge among the respondents and to inform them about the present shortage of organs in India. The researcher noted that the respondents had increase in their knowledge and increased their willingness to donate organs. The change in the data before and after intervention makes the researchers satisfied that the intervention is effective. Awareness should be given from school and colleges for the students and their parents. The government should take interest in creating awareness among the society through campaigns, ASHA workers, Anganvaadis etc.




































































































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## CSA REPORT

Catholic Students Association (CSA) is a unit of AICUF started way back in 1965. It's a universal association with its members from all sections of society, with a beautiful motto to bring their potential to the peak and use it for the sake of the welfare of the society. Social responsibility, friendship, fun, creativity and confidence driven by ways of concern. CSA members organized the UG \& PG Initiation Ceremony Vidyarambam on behalf of the management and made sure that the newly joined students got a warm and colourfull welcome. CSA volunteers led the students through the campus and gave necessary guidance.

A Refreshment Camp was conducted by the newly elected office bearers for all the members of 2 nd year. The day was filled with personality development games and workshops organized by the students themselves. Games and sessions were planned keeping leadership and Initiative qualities up front. There were healthy debate sessions and group discussions which helps to develop life skills. Orientation Classes for both UG \& PG classes were also conducted. The session was handled by Rev.Fr. Paul Pottackal CMI . CSA organized a Fund-raising and dress material collection campaign to help the ones affected by the devastating Kuttanad Floods. The Campaign was called "Spandhanam - Kuttanadinte Makkalku ente oru sahayam". An amount of Rs.25,000 /- was collected from among the students and staff of Christ College. The amount as well as the collected clothings were handed over to Dr.Mathew Paul Ukken, Principal by Darsan Davis, CSA-AICUF National Team member. The so collected material and fund was given to Kuttanad relief fund. Members of CSA came forward to volunteer in the Relief Camp set up in Christ College, Irinjalakuda during the Kerala Floods. Our members along with other college students actively worked together in rehabilitating the flood affected ones in the camp and also in the distribution centre set up in the college auditorium. CSA Inauguration was on 13th August for the academic year 201819. Rev Fr. Davis Panackal, Vicar Provincial of Devamatha was the Chief Guest. The inauguration and the official function was "followed by the showcase of talents by the first years. Study materials collection for the poor and needy and Organ donation campaign was inaugurated as a part of this. Our members actively participated in the Cleaning of the flood affected areas conducted in Kadukutty Panchayat near Vainthala. A team of 36 students and 27 students participated in the 2 days cleaning programme. Almost 15 houses were cleaned. A team of 30 students also went for the Flood Mapping in Edathiruthi, conducted by the government to rehabilitate the flood affected. A Fresher's Camp was organized for all the first years. The camp aimed at introducing the concepts and morals of the organization to the new members. It was a fun filled day with
interesting sessions and workshops and at the end of the day CSA membership forms were distributed to the new members. The annual 3 day residential camp, Leadership Camp, was conducted at Galillee, Cheeyaram. It provided a wider platform for the members to sharpen their leadership skills and to cultivate necessary life skills. The whole 3 days were filled with carefully planned sessions and games, each with a purpose and a life skill lesson. The college Christmas celebrations were organized by CSA. The members together decorated the college and filled the entire college in the Christmas Joy and Cheer. Inter-Class Carol competitions were also conducted for the college. "CSA-AICUF, held an interactive session with the most prestigious Ms. Dayabhai, to spread awareness about the causes and effects of Endosulfan and also about the hardships faced by the victims. As a follow up of the talk we also hosted an Art Exhibition of a few paintings by various college students from around the length and breadth of Kerala. The fund collected, about Rs.13,000/- , was handed over to the Endosulfan Victims.

After the general elections (2018-19) of Christ College (Autonomous) Irinjalakuda ,Computer Science Association was formed with Mr. Femin Johnson of 3rd DC BCA elected as the Association Secretary. This report includes various programmes conducted during the 2018-19 academic year by the Computer Science Association. As the first program, Department of computer Science has planned to conduct a tech fest and meetings were conducted .Unknowingly the Kerala flood occurred and technical fest was postponed. Onam celebration funds collected by the classes was given to flood relief fund through College Union. Our students have actively participated in competitions of 'Chilamb Christ Kalolsavam'. Association Inauguration was celebrated at Christ College Auditorium on 15th January 2019 by Sir. P. L Jose. On the morning session we have conducted an interactive session on 'Placement Training and Higher Study Fields in computer Science' and after the Inauguration, students performed different cultural programmes. On 26th February, juniors arranged farewell party for the final years.By the wholehearted corporation of teachers and students ,the Association has completed the activities of the academic year(2018-19) by lot of notable moments.

Femin
ASSOCIATION SECRETARY

## GEOLOGY ASSOCIATION

The official inauguration of the Geology Association (2018-19) was conducted on November 30th by Dr. M.R.Ramesh Kumar from NIO, Goa along with our beloved Principal Dr.Mathew Paul Ukken, Vice Principal Rev. Dr. Jolly Andrews and the H.O.D of Geology Dr. Linto Alappat of Christ college, Irinjalakuda. This Academic year the Geology department won the over-all 3rd prize for the inter-department arts festival (CHILAMBU). We had also bagged 2nd prize in the college inter-department sports day. On January 17th, 18th \& 19th a three day international conference was conducted by the name GEM which was inaugurated by Dr. N. Poornachandra Rao (Director, NCESS) which saw students and proffesors come from all over the state. On the inaugural day we had conducted a seminar on climate change and its effects. The activities and programmes contested and conducted by the Department of Geology for the Academic year 2018-19 came to an end with the valedictory function. We sincerely thank all the students, teachers and non-teaching staff and all members of the association who played a major part in the success of these functions.

VYSAKH P.S
ASSOCIATION SECRETARY

## MATHEMATICS ASSOCIATION ANNUAL REPORT 2018-19 CHRIST COLLEGE IRINJALAKUDA (AUTONOMOUS)

The Mathematics department association for the academic year 2018-19 commenced its journey with a formal inauguration by Prof. Jaison Jacob, Head Of the Department of Mathematics, St. Aloysius College, Thrissur with inaugural address followed by a lecture on 4th October 2018. Various dignitaries along with the college union representatives were present and passed their regards. The association successfully conducted an inter-department mathematics fest, Pi-fi in connection with the international Piday on 14th March 2019. Students from 8 departments of our college actively participated in four competitions, namely klikmath(Photography contest on Mathematics in nature) Pi-Eria (Pi value competition), Rapid- cuber(time bounded rubik's cube solving) and Art beyond limits(Poster making competition). Acknowledgements are due to all participants for their wholehearted cooperation. I offer my sincere gratitude
to the department of Mathematics for their valuable guidance and help. I also thank the association members whose constant efforts made the programme successful. Our students we active participants of various inter-college and intra-college curricular and co-curricular activities across Kerala, including Mathematical quizzes seminars and paper presentations. Hirnanmayi P M of 2nd DC Mathematics participated in the National integration camp conducted by NSS at Thiruvananthapuram. Karithik P Marar of 1st DC Mathematics bagged to first
prizes in Calicut University Inter zone Kalolsavam 2018-19 held at Wayanad. Keerthy M S, Nicemol Thomas, Sanju B, Anagha P V, Linsamol T A, Ans Roy, Ajay Joseph, Midhun M M, Divyendhu and numerous others raised the glory of the department through the exceptional achievements in the field of sports. Association activities were concluded with a farewell ceremony for the final year UG and PG students on 3rd April 2019. The colourful programme marked a befitting end for a wonderful year that helped us in the raising the Mathematical spirit within us; in the act of team building hat became the backbone of association activities; and in our overall individual growth as students. With great satisfaction, thereby submit the Mathematics association report of 2018-19 thanking all the supporters and ell wishers who wholeheartedly made this year fruitful.

## SHIKHA P S ASSOCIATION SECRETARY

## NCC REPORT

The academic year 2018-19 of the NCC cadets began with Dr. Franco T Francis taking charge as the caretaker of the NCC after retirement of the former ANO captain Dr. Jacob George. A combined annual training camp was conducted by the 23 k BN, Thrissur at Christ College Irinjalukda from 29 May to 30 May 2019. Around 700 cadets from different institutions participated in the camp. The cadets ere divided into four companies and various competitions were conducted on the company basis. On June 5th the world environment day was celebrated by the NCC cadets of Christ College with great enthusiasm. Caretaker Dr. Franco T Francis inaugurated the occasion by planting samplings in the campus which was followed by the cadets. On June 21, the World Yoga Day was commemorated by the NCC cadets by performing yoga postures and having lecture class on the importance of yoga. The cadets were dressed in white T -shirts and black track pants. The cadets performed a flash mob on drug abuse in the Irinjalakuda bus stand in relation with the drug abuse day. The message of the negative impacts of drug usage was conveyed to the audience by the cadets. The official parade of the cadets in the year 2018-19 began on July 7. On July 10 the enrolment of first year NCC cadets was conduced. A total of 74 cadets were selected from 200 students through the selection process. The cadets participated actively in the flood relief camps including at Christ College from August 15 to 28 and at Chavakkad and Kunnamkulam from August 21-24. The cadets took part in the cleaning camps at Carmel College, Sacred Heart College and Christ College. On December 20 Christmas celebration was conducted among the cadets including the cake cutting ceremony. The practice for Republic day competitions began in December. ON January 26 Sw's and SD's participated in the Republic parade competitions conducted in Irinjalakuda and Thrissur respectively. The last official parade of the cadets as was on February 8. On February 9, Alphons Kannanthanam, The union minister of state for culture and tourism, visited the college and the NCC cadets gave the guard of honour. The cadets made several achievements in the year 2018-19. CPL Ronaldo Roy attended the RD camp 2019 at Delhi. He participated in the PM rally and in the all India best cadet competition and he was one among the best cadets of Kerala-Lakshadweep directorate and is also a YEP nominee. LCPL Rahul Reji participated in the cultural PM rally 2019. He as selected as the one of the five best dancers of India. CPL Sangeetha P S cracked TSC Delhi in 2018. She took part in the events tent pitching and map reading and have won gold medal in tent pitching. She also received the best cadet award in 2019. SUO Blesto Joy and CQMS Ajay
took part in the all India trecking camp. An annual leadership camp was attended by JUO Alex Xaviour and CSM Sreejith.S.Pilai. JUO Ashitha Benny, sergents Savio Robin, Sandeep and Surabhi participated in EBSD II. SW's of the college took prt in the RD parade competition at Irinjalakuda and had won the ever rolling trophy. SD's participated in the RD parade competitions held at Thrissur. 18 SD's and 13 SW's attended the C certificate exam held at Govt College, Kuttanellur on February 23. and 24. On February 9, 39 SD's and 17 SW's attended the B certificate exam at MTI Thrissur. Dr. Franco T Francis attended the camp at Officers Training Academy, Kamptee from Novmber 24 to 24 February and took charge as ANO of Christ College, Irinjalakuda with Lieutenant rank. On March 192019 a felicitation ceremony was conducted to honour the achievements made by the cadets as well as the ANO. On the day seniors were given farewell by the junior cadets.

## PHYSICS ASSOCIATION ANNUAL REPORT 2018-19 CHRIST COLLEGE IRINJALAUDA (AUTONOMOUS)

It is with great pleasure I present before you, the report of activities of Physics association of the year 2018-19. The inauguration of physics association 'PETRICHOR 2018' was held on 3rd October 2018. The inaugural speech was by Prof John Naduvath, Assistant Professor, St. Thomas college Thrissur. Ovation 2019 a pretigious programme was conducted by the Physics department on 6th February 2019. It was a presentation contest conducted for Bsc. Physics students. 10 teams made their participation in it. E K Narayanan numerical Quiz was another milestone which as conducted on 19th February 2019. Finalists of the competition were awarded with cash prizes and certificates. Farewell for the retiring teachers and the last semester students was the final programme conducted by the association which was on 13th March 2019. We showed our respect to the retiring teachers Prof. V P Anto sir and the lab assistant, Thomas Sir. Class teachers of the last year students wished them a bright future. Various cultural activities were conducted and it made the day even more memorable.

## Darin Joseph <br> ASSOCIATION SECRETARY

## PSYCHOLOGY ASSOCIATION REPORT (2018-19)

After the general elections (2018-19) of Christ College (Autonomous) Irinjalakuda, new association was formed for the psychology department with Mr. Aibel Benny of 3rd year psychology elected as the association secretary. This report consists of the accomplishment of the department during the academic year. The programmes were embarked with the teacher's day celebration on September 5. During the time of Kerala floods, the students of the department actively took initiative in the flood relief programmes, which included visiting and providing guidelines for the psychological health for the flood affected people. Psychology department observed World Mental Health Day on October 10. The students conducted flashmob and theme dance based on the theme, "Young people and mental health in a changing world" in the campus. Asst. Prof. Vandana Sudheesh and 3 rd year student Mr. Aibel Benny took an awareness session on the behalf of Mental Health Day at HDP Samajam Higher Secondary School, Edathirunji. On the World Disability Day, November 30, our students got opportunity to conduct a flashmob at Thrissur Swaraj Round,
which was greatly appreciated. Most awaited association day was celebrated on December 10 named 'Alohomora'. On February 24, as part of the institutional visit, students and teachers visited flood affected areas near Thommankuth waterfall, Idukki. Farewell programmes were conducted on March 13 for the outgoing students. With the corporation of the teachers and the students, academic year 2018-19 was proliferant for the Department of Psychology.

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## 2018-19 Thavanish Summary

Thavanish, the social welfare and charity organisation of Christ College Irinjalakuda, kickstarted its activities for the year

1. On World Environment Day by starting a bicycle campaign, with an aim of spreading the message of reducing pollution through limited use of motor vehicles.
2. In June, a Blood donation camp was conducted and the volunteers were able to collect 700 bottles of blood for IMA Blood Bank, Thrissur.
3. On July 7, the Thavanish volunteers visited the colonies of Vachmaram and Anakkayam and provided around 70 tribal families with Rice kits and necessary clothes.
4. Thavanish has whole heartedly participated in programmes conducted by the college like the Stem Cell Donation Camp held for finding a donor for the 4 year old Asnan who was a cancer patient, and also during the activites while a Relief Camp was opened during the Kerala Floods in 2018.
5. Onam Bakrid kits were provided to around 200 poor families of Muriyad Panchayath.
6. On Childrens Day, Thavanish donated notebooks to Sangameshwara School, Irinjalakuda. One of the main programmes conducted by Thavanish is Saviskara, a platform for differently abled children to exhibit their talents. The aim is encourage them and make them feel equal in the society and it was conducted for the second time successfully.
Apart from the above activites, Thavanish has been help to 14 financially backward families in way of medical aid. The volunteers also visit places like Pratheeksha Bhavan, Santhvana Sadanam and House of Providence often to spend time with differently abled children and senior citizens, with an aim to making their day a little better and to spread some smiles.

## CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA ANNUAL REPORT 2018-19

## INSTITUTIONAL ACHIEVEMENTS \& MAJOR EVENTS

1. College was rated to 63rd in the nation during the NIRF (National Institutional Ranking Framework) ranking conducted by Ministry of Human Resources, Govt. of India on 03rd April 2018. Our college stood eighth in Kerala in the same NIRF ranking.
2. Christ College continued as the Best College award for Sports and Games in University of Calicut in May 2018.
3. Christ College won the 3rd PEFI Dr. P M Joseph Award for the Best College in promoting Sports
4. College conducted the Krida Satpati 2018-Sports Merit Day programme on 04th January 2019 to congratulate the outstanding sports personnel of the college including Fr. Joy Peenikkaparambil the GV Raja awardee for thebest Physical Education teacher
5. The second PG convocation ceremony for the batch 2016-18 was organized on 05th February 2019 for which Prof. Dr.Rajan Gurukkal was the chief guest.
6. Fr. Dr. Jose Thekkan Best Teacher Award distribution ceremony was held on 9th Feb, 2019 wherein Dr. C Krishnan, Associate Professor, Govt. College, Kodenchery, was awarded the Best teacher Award by Mr. K J Alphose Kannanthanam IAS, Minister of State of Tourism. Mar Pauly Kanookadan Bishop of Irinjalakuda did the benedictory address.
7. Shastrajaalakam and Shasthrapadam: The Shastrajalakam three day program sponsored by Kerala Government incooperation with Kerala State Educational Technology was conducted on 01st November 2018 under the leadership of three departments Physics, Chemistry and Zoology. The Shaastrapadam program Kerala Higher Secondary Department was conducted between oist February to )3 February 2019. Both the programs were under the leadership of Dr. K Y Shaju, Associate Professor, Physics Department.
8. The Government of Kerala program Walk With Scholar was conducted in the College under the leadership of Dr. Tom Cheriyan, Chemistry Department. Total of 25 External Mentoring sessions and 10 Internal mentoring sessions were conducted for 60 students selected from five departments of the College.
9. Another Goverment of Kerala sponsored Program -Student Support Programme was also conducted in the college.Thirty-two external mentoring sessions and a series of internal support classes were given to students under the leadership of Dr. Sr. Mariyamma K D, Statistics Department.
10. This year five of our Staff members are retiring from service
11. Prof. V P Anto- Vice Principal \& Head, Research and Post Graduate Department of Physics
12. Dr. A J Thankachan, Associate Professor, Dept of English
13. N A Joy, Library Assistant
14. A L Paul, Lab Assistant
15. TI Thomas, Mechanic
16. The farewell meeting was conducted to honour the retiring staff on 01st March 2019, for which Sri C N Jadevan, Member of Parliament, Thrissur was the chief guest. And Dr. Joy Elamon did the valedictory speech.
17. College has been granted by UGC two B.Voc courses namely B.Voc Information Technology and B. Voc Food Processing Technology.
18. College is in the list of RUSA grant awarded institutions. Rs 2 crore will be used for the infrastructure development and our main aim is the construction of new women's hostel.
19. Our College has been selected by MHRD Delhi for the Unnath Bharath Abhiyan project.
20. Ladies Fitness Center was inaugurated on 6th Feb, 2019 by Rev. Fr. Jacob Njerinjampilly CMI, Manager,

Christ College
16. Christ College firmly stood along with the people of Kerala during the unexpected flood that strikes the state very severely. Our major flood relief activities include:

- The college set up a collection and distribution centre for catering basic items for the flood relief camps in various parts of the districts of Thrissur and Ernakulam.
- Two relief camps were initiated in the campus under the head of Dr. Aravinda and Dr. Sony wherein thousands of people from our neighboring areas could find their shelter
- Student and staff volunteers actively participated in distribution of basic amenities to the inmates of the neighboring relief camps
- Thavanish and NSS volunteers took part in cleaning activities in various neighboring panchayats
- Students of the Dept of Psychology actively participated in flood relief activities and provide councelling and other help to flood victims
- The college also conducted a socio- economic survey in collaboration with EKN Study center for analyzing the damages casued to the people and their houses in Padiyoor panchayat
- In connection with the flood mapping survey of the Governement, our volunteers visited the houses of Padiyoor, poomangalam and Muriyadu to collect information using REBUILD KERALA
- Students of the Computer Science Dept assisted the Govt officials in automating the details of flood affected people and in digitalizing the flood related activities of Padiyoor Panchayat

17. Fifteen certificate courses were inaugurated on 23rd October 2018 for which Dr. Ignatius Antony, Prinipal, St. Thomas College, Thrissur was the chief guest.
18. College engaged in Memorandum of Understanding with seven industry/institution out of which the international
MoU was by the Dept of Geology and Environmental Science with Leibniz Institute for Applied Geophysics (LIAG), Hannover, Germany for academic and research collaborations
19. Dr. Sudhumar AV of Zoology Department found two new species of spiders namely Chrisyilla volupe and Cocalus Iacinia

## NEW APPOINTMENTS

Four permanent teachers joined our academic fraternity who are
Tharun R - Dept of Geology
Fr. Joshy P J - Dept of Physical Education
Dr. Sr. Dilla Jose - Department of Zoology
Ms. Anu J Ponnar - Dept. of Geology

## LIST OF AWARDS AND RECOGNITIONS TO TEACHERS

1. Dr. Binu R, Dept of Zoology was honoured with TARE Award (SERB) and also, he received the Early Career Research Award which is worth of 58 lakh rupees.
2. Dr. Dijo Damien, Dept of Chemistry, was offered the prestigious Fulbright Postdoctoral Research Fellowship for two years from US- India Educational Foundation at University of California, USA from March, 2019 onwards
3. Dr. Linto Alappatt, Dept of geology, Dr. Jibin A K, Dept of Chemistry, Dr. Abhilash Peter, Dr. Bijoy C, Dr. Binu R, Dept. of Zoology were awarded with FLAIR by the Higher Education Dept of Kerala.
4. Fr. Joy Peenickaparambil, Dept of BPE, was awarded with All Kerala Catholic Congress award, 2018 for his active involvement in the promotion of arts and sports and also he was selected as the Senate member of Calicut University
5. Lt.Dr. Franco- newly appointed Associate NCC Officer after completing his training.
6. Dr. Sony John T is awarded WITH M M Ghani Award of the University of Calicut. He also participated in Khelo India initiative of the Central Govt as a sports psychologist

## HIGHLIGHTS OF ACHIEVEMENTS BY STUDENTS

College achieved third position with 153 points this year in D zone competitions. However, we received prominent individual results as
a. Ronaldo Roy of Second year Physics attended the RD camp 2019 at New Delhi \& Selected for the esteemed Youth Exchange Program (YEP) 2019-2020 to represent India in a Foreign Country.
b. JOBIN ROY of B.Com a BATCH 3 th semester received the Best NSS Volunteer award for the year 2018
c. Niranjana C.V \& Alok Pellisery has won first in the 'Juridic Wizard', inter collegiate quiz organized by Campus Debate club,Govt Law College, Thrissur on 7th March 2019. Award consist of Rs. 10,000 and rolling trophy.
d. Our PhD student P P Moly received the PhD award from Calicut University. Her work was "Development of AnionExchange Membranes for Electrochemical applications" under the guidance of Dr. V. T. Joy, HOD, Dept. Chemistry.
e. BALAGOPALS MARAR of B.Sc Physics 4th semester was selected as KALAPRATHIBA in the D zone competitions
f. ASWATHI M B.Sc Chemistry 4th semester was selected as SAHITYAPRATHIBHA in the D zone competitions
g. ASHA SURESH of B A Economics 6th semester was selected as Kalathilakam in the D zone competitions

## INTERNATIONAL CONFERENCES/SEMINARS/WORKSHOPS ORGANIZED BY DEPARTMENTS

1. Department of Geology conducted a Three days International Seminar on "Geology: Emerging Methods and Applications" on 17th to 19th January, 2019
2. Department of Commerce conducted a two days International Seminar on "International Conference on Market Liquidity \& Sustainable Development Towards Knowledge Society" on 14th and 15th Dec, 2018

## NATIONAL CONFERENCES/SEMINARS/WORKSHOPS ORGANIZED BY DEPARTMENTS

a. Department of Chemistry conducted three national seminars during the year-

- "Advanced Functional Material for Energy Production \& Medical Applications" on 27th and 28th July, 2018
- "Design strategies for Functional Materials" on 16th Oct, 2018
- "Prospects and Challenges of Nuclear Energy" on 10th Dec, 2018
b. Department of Physics organized two national workshops during the year;
- a National workshop on Quantum Theory of Scattering on 23rd and 24th June, 2018
- a National Seminar on Material, Methods and Sensors for Electromagnetic applications on 24th and 25 Jan, 2019
c. Department of Economics organized a National seminar on "Relevance of Gandhian Economics in the 21st Century" on 12th Dec, 2018
d. Department of Commerce conducted a Two Days National Workshop on Theoretical and Practical aspects of GST on 4th and 5th Dec, 2018
e. Department of Library Science conducted a national seminar on the subject "Knowledge production and data management in contemporary environment of library" 17th December 2018.
f. The newly formed B.Voc Department and Department of Zoology jointly conducted a national seminar on Food Production and Processing on 22nd March 2019.
g. B.Voc Department and and Department of Computer Science jointly organized a national seminar on "Data Analytics and Visualization' on 19th March 2019
h. Department of Mathematics conducted the National Seminar "Communicating Science for all" sponsored by KSCSTE on 27 February 2019.


## Gutonomous!

## FACULTY PUBLICATIONS

- This year we had 32 publications in International journals out which a special mention needed for Dr.R Binu, Department of Zoology for his publication in the journal Science on "Synaptotagmin-3 drives AMPA receptor endocytosis, depression and synapse strength and forgetting.
- Also, College had 9 publications in international seminar proceedings


## Ph. D AWARDEES

Three of our Faculty members received doctoral degree this year

1. Dr. Sebastian Joseph - Dept of Malayalam
2. Dr. Anusha Mathew - Dept of English
3. Dr. Emarson V P - Department of Psychology

## Ph.D submitted

Assistant Professor Arun Balakrishnan (commerce aided Department) submitted and defeded his PhD thesis. Assistant Professor Sudheer CV (Malayalam Department) submitted his PhD thesis.
Ms. Preeji KP and Priya Rajan of Department of Zoology, Ranjith K S, Department of Physics, Raina Jose, Rohini K c and Prathiba R of Department of Chemistry submitted their PhD thesis in the current year.

## MAJOR SPORTS ACHIEVMENTS

This year College bagged One international medal, 25 National medals and 5 All India University medals. The Sports highlights of this year were

- Christ college won Calicut University aggregate championship in best college award for the year 2018-19 Calicut university
- Christ college won Calicut University aggregate championship in best college award for men the year 2018-19
- P. U. Chithra got Bronze medal in1500 Meter in Asian Games 2018 at Jakarta.
- Shivasankar E. J. has participated world university badminton champion ship held in Jakarta.
- Rajana J. participated in Taiwan open Athletic meet.
- 10th Kerala State Sports Council College Games Badminton (M) championship - I
- 10th Kerala State Sports Council College Games Athletics (M) championship - II (89.5 points)
- 10th Kerala State Sports Council College Games Athletics (W) championship - V (25 points)
- 10th Kerala State Sports Council College Games Overall Championship - II (16 points)
- First in 58th Christ College- Kandamkulathy Football Tournament
- Second in 44th Christ College- Old Students' Volleyball Tournament


## INFRASTRUCTURE DEVELOPMENT

1. This year we have two new computer labs a) B.Voc computer lab in the latest completed block and another computer lab for Computer Science Department in the new block.
2. Extension to College canteen has been completed and started functioning.
3. Construction of new Physical Education block started near the Athletic Stadium
4. The media recording room is being completed near $A / C$ seminar Hall
5. College received new gates for the main entrance

## PROGRAMMES ORGANIZED BY CLUBS

NCC

1. A Combined Annual Training Camp was conducted by the $23(\mathrm{~K}) \mathrm{Bn}$, Thrissur at Chrsit College, Irinjalakuda from 21 May to 30 May 2019. Around 700 cadets from various institutions participated in the camp.
2. Ronaldo Roy attended the RD camp 2019 at New Delhi \& Selected for the esteemed Youth Exchange Program (YEP) 2019-2020 to represent India in a Foreign Country. He participated in the PM rally and in the all India Best cadet competition as he was one among the best cadets of Kerala-Lakshadweep Directorate.
3. Rahul Reji took part in the Cultural PM rally 2019 and SNIC 2019.He was selected as one of the 5 Best Dancers of India.
4. Sangeetha PS cracked TSC Delhi in 2018. She took part in the events of tent pitching and map reading and had won Gold Medal in Tent Pitching. She also received the Best Cadet Award in 2019.
5. Blesto Joy and Ajay took part in the All India trekking camp.
6. Lt. Dr. Franco T. Francis attended the Pre Commission Course at Officers Training Academy, Kamptee, Nagpur, and Maharashtra from 26th November 2018 to 23rd February 2019 and took charge as the ANO of Christ College

## NSS

1. On 8th Dec, 2018 NOVA - National Service Scheme Old Volunteers Association - the Alumni meet of all the NSS Volunteers and
the programme officers was held.
2. This years Special camp - Revitalize 2k 18 was conducted at Sree Krishna School Ananthapuram between 22 to 28 December 2018.
3. On 5th January, 2019 -visited AMMA HOME, at Moodirakanni.
4. The Programme Officer - Arun Balakrishnan had an opportunity to go along with the Kerala Contingent team which comprised of 10 NSS Volunteers from various college from the University of Calicut for the National Integration Camp held at Shivaji University, Kolaphur from 14th Dec to 21 st Dec, 2019.
5. Three of our NSS volunteers Arjun Babu II dc Chemistry, Fidel Mohan II Dc Chemistry and Hiramayi II Dc Mathematics attended National Integration camps at Kohlapur, Belguam and Trivandrum
6. The All Kerala Competition Prathiba 24th was conducted on 14th November in which participants from 21 colleges participated in five items.
7. Our NSS volunteers conducted fifteen training camps in various schools and colleges on making paper pen, bags and grow bags.

## CSA

1. CSA members have organized the UG \& PG Initiation Ceremony on 19th June and 27th June 2018 respectively-
2. Orientation Classes for both UG \& PG classes were also conducted
3. CSA organized a Fund-raising and dress material collection campaign to help the ones affected by the devastating Kuttanad Floods. The Campaign was called "Spandhanam - Kuttanadinte Makkalku ente oru sahayam".
4. The 3 day annual residential Leadership Camp was conducted at Galillee, Cheeyaram from 3oth November 2018 to 2nd December 2018. It provided a wider platform for the members
5. The college Christmas celebrations were organized by CSA
6. CSA organized an Inter Collegiate Mar Clemens Memorial Elocution competition on 7th February 2019 at Christ College

## THAVANISH

1. On June 5th Environment day thavanish conducted Bicycle campaign in which cycles were distributed to students.
2. In connection with World Anti Drug Day on 26th June 2018 Thavanish conducted a blood donation camp.
3. A financial aid of Rs 7500 each were distributed to four bedridden patients on 29th June 2019

## KUTONOMOUS!

4. On July 07th 2018 Thavanish distributed rice kits and cloths to inmates of Vaachumaram and Anakkayam tribal colonies
5. Thavanish visited Santhome, pretheeksha bhavan and saanthvana sadhanam on 25th July 2018
6. Stem cell donation camp was conducted on 27th July 2018.
7. Onam Bakrid Grocery kit worth Rs. 500 was distributed to 200 families on 14th August and One Rupee One Life campaign was started.
8. Thavanish took leadership to start Distribution centre during Kerala Flood and distributed relief kits to 200 relief centres.
9. This year Thavanish gave Rs. 5.0 lakhs as financial aid to poor patients which is truly commendable.
10. The talent competition for specially abled students Saviskara season 2 was conducted on 30th November 2018 for which actress Aiswarya Lakshmi and actor Aneesh Gopal were chief guests. Around 108 special abled students from 15 special schools participated in the competitions.

## BIODIVERSITY CLUB

1. In Connection with World Ozone day, Biodiversity Club organized a two day program which included Poster competition on "Ozone Depletion and Climate Change", Essay writing competition on "Significance of Ozone Day and Montreal Protocol" and Invited Lecture on "Understanding the Climate, Climate Change and the ways to keep the climate cool" by Dr. Shijo Joseph, Senior Scientist, Division of GIS \& Remote Sensing, Kerala Forest Research Institute, Peechi, Thrissur.
2. Biodiversity Club conduted a two day program sponsored by Kerala State Biodiversity Board which included NATURE CAMP \& INVITED TALKS on 14th - 16th FEBRUARY 2019
3. On June 5th and 6th in connection with the World Environment Day 2018 Biodiversity Club of our College conducted a KSCSTE sponsored two day program which included Invited Lecture on "From plastic religion to solid science: Logical fallacies \& other stories" By. Dr. T. V. SAJEEV, Senior Scientist E-1, Dept. of Forest Entomology, Kerala Forest Research Institute, Peechi, Thrissur (Pages 2 -6), Documentary Film 'An inconvenient Truth', Intercollegiate quiz competition on "Environment" and planting of saplings

## ENVIRO CLUB

1. The Enviro Club in association with Department of Zoology, Department of Geology and Environmental Science, Department of Botany conducted World Wet land Day celebrations on 2nd February 2019 which consisted of an On-field Para-Taxonomy Workshop on 'Faunal Diversity Documentation of Thommana Kole Wetlands'

## BOOMITRASENA

1. Boomitrasena conducted an Institutional visit to KFRI Peechi on 15th November 2018 in which 48 students participated

## READERS CLUB

1. This year 16 books of various genres were reviewed
2. An invited talk was conducted on 03rd October 2018 in which Dr. Shinaz Hameed, Associate Professor, Govt. KKTM College was the chief guest. He delivered a talk on "Reading: a creative process".
3 A seminar conducted on 25th February 2019 in which Dr. Kavitha Balakrishnan, Asst Professor Fine Arts College, Thrissur was the chief guest and delivered a talk on "Art history of reading man".

## Entrepreneurship Development (ED) Club

1. Entrepreneurship Development (ED) Club activities of the year 2018-19 at Christ College was formally inaugurated on 3rd August 2018 with a one-day Entrepreneurship Development Program. The program was jointly organized by District Industries Center, Thrissur and Taluk Industries Office, Mukundapuram. Dr. Paul Tachil, CEO, Rapol Saniplast Pvt. Ltd., Thrissur was the chief guest of the program.
2. Our student Mr. Nithin Anto A. had secured individual award for Entrepreneurship Competency and Jijith P.R., Paul Jacob, Sreerag M.R. and Benjamin Jose won prizes for best business plan proposal during the workshop on 'Personal Entrepreneurial Competencies (W-PEC)' at Kerala Institute for Entrepreneurship Development (KIED) organized by Department of Industries and Commerce, Govt. of Kerala. ED Club of Christ College got special mention for active participation in the residential event organized for various ED clubs of Thrissur District.
3. An invited talk on 'Software Development Opportunities in the advancing World' by Mr. Sibin Anthony, CEO, Entero Software Solutions Pvt. Ltd., Thrissur, Kerala was held on 26th September 2018 at Christ College.
4. ED Club Christ College had jointly organized an International Pigeon Show cum Competition with International Pigeon Society at Christ College auditorium on 15th December 2018. The program was attended by large number of participants. Bird breeders from across the country with International breeds had participated in the event with over 70 varieties of birds competing in the program.

## SPIC MACAY

1. Spic macay Irinjalakuda Christ College chapter started its activities of this academic year by providing a platform for the artists from Rajasthan to perform exuberant Rajastani Folklore on July 7th 2018. Summarnath and Meetu Safera were the main artists along with six other members in their team.
2. The next performance was by Dr. Kalamandalam Rachitha Ravi, an assistant professor at Kerala Kalamandalam a maestro in the field of Mohiniyattam. It was a lecture cum demonstration session arranged in the auditorium dated 4th December 2018.

## QUIZ CLUB

1. Quiz Club conducted FIFA World Cup Quiz, Ramayanam Quiz, and Gandhi Quiz on 13.06.2018,18.7.2018 and 5.10.2018.
2. Extempore competition in connection with world Human Rights Day was conducted on-19.12.2018.
3. MINUTIEA 2K19-INTER- CLASS QUIZ- was conducted on 29.01.2019 and Inter-class quiz sponsored by O.S.A Dubai Chapter-was conducted on 12.03.2019

## WOMENS DEVELOPMENT CELL

1. The inauguration of Women's Development Cell, 2018-2019, was held on 13th July 2018. Invited talk on Police and Public was done by Aparna Lava Kumar, Senior Civil Police officer, Women's Police Station, Irinjalakuda, and P.R. Bijoy, CI of Police,Kodungaloore.
2. Interactive Session on Gender and Health, was organized on 13th July. For which the resource person was Dr. J. S. Veena, Junior Resident in Forensic, Government Medical College, Trivandrum
3. On 27th July 2018, a discussion on Understanding Caste, Women and Ideology was jointly conducted by Women's Development Cell and P.G.Dept of History. Dr. K. S. Madhavan, social activist and Professor, Dept. of History, Calicut University delivered the invited talk.
4. In connection with the International Women's Day Celebrations, WDC conducted a poster competition for the students of Christ college.

I Sincerely thank Vice Principals, Staff Advisor, Controller of Examinations, Discipline Committee Convener, PRO, Heads of the Departments, Course Coordinators, IQAC Coordinator, Club Coordinators, College Union and all the teaching and non teaching staff of college for the smooth conduct of academic and non-academic activities of the current year.

## PSYCHOLOGY



## B.COM BATCH



## GEOLOGY AIDED



## MATHEMATICS



## PHYSICS



## FUNCTIONAL ENGLISH




ECONOMICS


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Milu Emmanuel (BLIS)
Powerlifting Broze 53Kg. (Interuniversity) Member of Indian University power lifting team for world university meet at Estonia


Bhagyakakshmi (BPED) Powerlifting Broze 48Kg. (Interuniversity) Powerlifting Jr. Gold (National) Member of Indian University power lifting team for world university meet at Estonia


Marian Sameel(BPEB)
Gold in India - Srilanka Open Karate Championship 2019


Josemon
II ${ }^{\text {nd }}$ MA Eng. Lit. Netball SR. Bronze (National)


Hamsa
IInd ${ }^{\text {nd }}$ MA Economics Netball SR. Bronze (National)


Sam Mathew IInd MSC ES Netball SR. Bronze (National)


Annmary Wilson BPED
Khokho SR. Bronze (National)

Sneha M.S.
(II MSW)
Weightlifting Silver 59 Kg . (Interuniversity)


Anirudhan P.S.
$I^{\text {nd }} \mathrm{BA} F E$ Netball SR. Bronze (Interuniversity \& National)


## INTER UNIVERSITY MEDALLISTS

1. ANGEL P DEVASSSYA - GOLD MEDAL IN ATHLETICS HIGH JUMP WITH MEET RECORD (1.82m)
2. BIBIN GEORGE - ATHLETICS GOLD MEDAL IN TPL CHASE
3. NIBIN BAIJU - GOLD MEDAL ATHLETICS 4*100M
4. SNEHA M S- SILVER MEDAL IN WEIGHT LIFTING 59KG
5. ANANDHU V R - BEST PHYSIQUE (BRONZE MEDAL IN POWER LIFTING 85KG)
6. NEENU VARGHESE - SILVER MEDAL IN WEIGHT LIFTING 57 KG
7. MILU EMMANUEL - SILVER MEDAL IN POWER LIFTING 53KG
8. BHAGYALAKSHMI S- BRONZE MEDAL IN POWER LIFTING 48KG
9. SREERAJ K S - SILVER MEDAL IN POWER LIFTING 120KG
10. AKASH BINU - BRONZE MEDAL IN POWER LIFTING 93KG
11. ABIN B- SILVER MEDAL IN POWER LIFTING 59KG
12. JOSEPH ANTONY - BRONZE MEDAL IN NETBALL
13. NITHIN T M - BRONZE MEDAL IN NETBALL
14. BASIL ANDRAYOSE - BRONZE MEDAL IN NETBALL
15. ANIRUDHAN P S - BRONZE MEDAL IN NETBALL

## NATIONAL MEDALISTS

1. ASWINI SURESH - GOLD MEDAL IN POWER LIFTING (STRONG WOMAN)
2. AKASH BINU - GOLD MEDAL IN POWER LIFTING JNR
3. ABIN B- GOLD MEDAL IN POWER LIFTING JNR
4. ARSHITHA S - SILVER MEDAL IN $4 * 100 \mathrm{M}$, BRONZE MEDAL IN 400M, BRONZE MEDAL IN 4X400M, SILVER IN 400M
5. NIBIN BAIJU - SILVER MEDAL IN $4 * 100 \mathrm{M}$
6. LIBIN BAIJU - SILVER MEDAL IN 4*400M
7. ANGEL P DHEVASSYA - GOLD MEDAL IN HJ SNR AND FEDERATION CUP, SILVER MEDAL IN SENIOR ATHLETICS HJ
8. HAMSA H - BRONZE MEDAL IN SR. NETBALL
9. JOSEMON P P BRONZE MEDAL IN SR. NETBALL
10. SAM MATHEW - BRONZE MEDAL IN SR. NETBALL
11. ANIRUDHAN P S - BRONZE MEDAL IN SR. NETBALL
12. BASIL ANDRAYOSE - BRONZE MEDAL IN SR. NETBALL
13. NIDHIN T M - BRONZE MEDAL IN SR. NETBALL
14. MERIN P JOSE- BRONZE MEDAL IN SR. NETBALL
15. NAMITHA - BRONZE MEDAL IN SR. NETBALL
16. ANLA P A - BRONZE MEDAL IN SR. NETBALL
17. JOSEMON P P- GOLD MEDAL IN NETBALL

18. HARIKRISHNAN S- GOLD MEDAL IN NETBALL
19. SAM MATHEW - GOLD MEDAL IN NETBALL
20. ANIRUDHAN P S - GOLD MEDAL IN NETBALL
21. HAMSA H-GOLD MEDAL IN NETBALL
22. JOSEPH ANTONY - GOLD MEDAL IN NETBALL
23. MERYN P JOSE - GOLD MEDAL IN NETBALL
24. NAMITHA - GOLD MEDAL IN NETBALL
25. ANLA P A - GOLD MEDAL IN NETBALL
26. PREM PRAKASH- BRONZE MEDAL IN KHELO INDIA BASKETBALL (CAPTAIN)
27. SANJAY V-BRONZE MEDAL IN JR KORFBALL
28. SANJAY K S-BRONZE MEDAL IN JR KORFBALL
29. BHAGHALAKSHMI S- GOLD MEDAL IN JR POWERLIFTING
30. ANNA MARY-BRONZE MEDAL IN KHO-KHO

## INTERNATIONAL MEDALLISTS/PARTICIPATION

1. P U CHITHRA- GOLD MEDAL IN 1500 (ASIAN ATHLETIC CHAMPIONSHIP 2019), "BRONZE MEDAL IN 1500M (ASIAN GAMES AND ATHLETICS 2018), 4TH IN 1500M (INTER CONTINENTAL COMPETITION)
2. SREERAJ P S- GOLD MEDAL IN ASIAN POWELIFTING
3. MARIAM SAMEER- GOLD MEDAL IN INDIAN SREELANKAN OPEN KARATE CHAMPIONSHIP (KARATE INDIVIDUAL KATA, KARATE INDIVIDUAL KUMITE)
4. J RAJANA -PARTICIPATED IN TAIWAN OPEN ATHLETICS
5. SIVASANKAR E J- MEMBER OF INDIAN UNIVERSITY BADMINTON TEAM FOR WORLD UNIVERSITY MEET
6. AKASH BINU- MEMBER OF INDIAN UNIVERSITY POWERLIFTING TEAM FOR WORLD UNIVERSITY MEET
7. NEENU VARGHESE- MEMBER OF INDIAN UNIVERSITY POWER LIFTING TEAM FOR WORLD UNIVERSITY MEET
8. BHAGHYALAKSHMI S - MEMBER OF INDIAN UNIVERSITY POWER LIFTING TEAM FOR WORLD UNIVERSITY MEET






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